

NONVIOLENT COMMUNICATION

SCENARIO FOR ROLE PLAYING

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The following is a brief skit to help illustrate how to use the four steps involved in nonviolent communication: observe, feel, identify a need, and make a request.

Look at and listen to the dialogue. Notice how nonviolent communication is applied to a difficult conversation between colleagues in the workplace.

After reading this scenario, you will be asked to work in small groups to discuss the feasibility of this scenario. Lastly, you are asked to work together to construct your own scenario that uses the nonviolent communication framework.

Setting: Public High School

One teacher is in the Faculty Room during a prep period. A second teacher enters.

Person 1: (enters the Faculty Lounge and slams books on the table. Doesn't notice Person 2.) "I am so sick of that bossy little, B!. Who does she think she is!"

Person 2: (in a calm voice) "Sounds like you're having a tough day. I've never heard you use profanity towards a colleague before. It makes me feel sad because I know both of you are good people."

Person 1: "Yeah, well. Today is an exception. The procedure for submitting grades has changed -again! I am so tired of having to jump through all these hoops."

Person 2: "I hear you. We've all been through a lot. Is there anything I can do to help? I need to know that you are going to be ok."

Person 1: "Yeah... well, thanks. I'm fine."

Person 2: "Good. Let me know if you think of something. I'm happy to help. Do you mind if I make a request? When you are ready, try talking with Sheila. I don't know her well, but I have heard she's open to hearing different opinion and any suggestions we might have. So, just think about it."

Person 1: "Yeah, whatever. I'll think about it."

Person 2: (While leaving the room) "I hope your day gets better. Take care."